

## Abstrak

### **HUBUNGAN LAMA MENJALANI HEMODIALISIS DENGAN PENURUNAN NAFSU MAKAN, KUALITAS DIET, DAN STATUS GIZI PASIEN GAGAL GINJAL KRONIK (Studi Kasus Di RSUD Prof. Dr. Margono Soekardjo Purwokerto)**

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**Latar Belakang:** Hemodialisis yang berkepanjangan dapat menyebabkan penurunan nafsu makan yang berimplikasi pada rendahnya asupan makanan dan dapat mempengaruhi kualitas diet. Pasien dengan kualitas diet rendah dapat menyebabkan malnutrisi yang meningkatkan resiko morbiditas dan mortalitas. Tujuan penelitian ini adalah untuk mengetahui hubungan lama menjalani hemodialisis dengan penurunan nafsu makan, kualitas diet, dan status gizi pasien gagal ginjal kronik di RSUD Prof. Dr. Margono Soekardjo.

**Metode:** Desain penelitian adalah observasional dengan rancangan *cross sectional*. Jumlah sampel sebanyak 69 orang diambil secara *consecutive sampling* di Instalasi Hemodialisis RSUD Prof. Dr. Margono Soekardjo. Penurunan nafsu makan menggunakan kuesioner *Simplified Nutritional Appetite Questionnaire* (SNAQ), sedangkan kualitas diet menggunakan *Diet Quality index International* (DQI-I) dan *food recall* 1x24 jam, serta antropometri diukur menggunakan Lingkar Lengan Atas (LLA).

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa sebagian besar responden berjenis kelamin laki-laki (55,1%), berusia dewasa (71,0%), menjalani hemodialisis lama >1 tahun (62.3%), nafsu makan kurang (65.2%), kualitas diet rendah (87%), dan status gizi baik (53,6%). Hasil uji *Chi Square* menunjukan tidak ada hubungan yang bermakna antara lama hemodialisis dengan penurunan nafsu makan ( $p=0,185$ ), kualitas diet ( $p=0,466$ ), dan status gizi ( $p=0,879$ ).

**Kesimpulan:** Tidak ada hubungan yang bermakna antara lama hemodialisis dengan penurunan nafsu makan, kualitas diet, dan status gizi pasien gagal ginjal kronik di RSUD Prof. Dr. Margono Soekardjo

**Kata kunci:** Gagal Ginjal Kronik, Hemodialisis, Kualitas Diet, Nafsu Makan, Status Gizi.

## Abstract

### **THE CORRELATION OF HEMODIALYSIS TREATMENT DURATION WITH THE DECREASE OF APPETITE, DIET QUALITY, AND NUTRITIONAL STATUS OF CHRONIC KIDNEY DISEASE PATIENT (Case Study in Prof. Dr. Margono Soekarjo Hospital in Purwokerto)**

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**Background:** A long term of hemodialysis would drive to some effects such as the lower of patients' appetite that was impacted to the lack of food they took and diet quality. Patient with low diet quality would cause to malnutrition which could increase the risk of morbidity and mortality. This research was purposed to find out the correlation between duration of hemodialysis treatment with lower of appetite, diet quality, and nutritional status of chronic kidney disease patient in Purwokerto Prof. Dr. Margono Soekardjo Hospital.

**Method:** It used observational research design with cross sectional. There 69 samples which were taken by consecutive sampling in Hemodialysis Installation of Prof. Dr. Margono Soekardjo Hospital. The appetite decrease was measured by Simplified Nutritional Appetite Questionnaire (SNAQ), while diet quality mensuration used Diet Quality index International (DQI-I) and 1 x 24 hours of food recall, also anthropometry was measured by mid upper arm circumference (MUAC or known as LLA).

**Research Result:** The result showed that most of respondents were men (55,1%), were in adult age (71,0%), had done >1 year of hemodialysis (62,3%), had lower appetite (65,2%), had low quality of diet (87%), and had a good nutrition status (53,6%). Chi Square measurement showed that there was no correlation between hemodialysis treatment duration with decreasing of appetite ( $p=0,185$ ), diet quality ( $p=0,466$ ), and nutrition status ( $p=0,879$ ).

**Conclusion:** There was no correlation between hemodialysis treatment duration with decreasing of appetite, diet quality, and nutritional status of chronic kidney disease patient in Prof. Dr. Margono Soekardjo Hospital.

**Keywords:** appetite, chronic kidney disease, diet quality, hemodialysis, nutritional status